

## **Abstract**

A device for exercising the plantar fascia has a first member positionable under the ball of a foot, and a second member positionable under the toes of the foot. A third member having an eye attaches to the ankle. A first line extends from the first member and a second line extends from the second member and through the eye at the ankle. By pulling on the first and second lines, the plantar fascia is stretched.